

Evidence-based practices are a way to be sure that consumers receive the right treatments. They give the best chance of the greatest success to meet their individual person-centered needs.

Evidence-based practices are also a way for SCCMHA to be sure of the best use of limited resources through the delivery of proven services and supports for persons with disabilities in the Saginaw Community.

For more information about Evidence-Based Practices, please call our Evidence-Based Practice and Trauma-Informed Care Coordinator at 989-272-7372 or go to <https://www.sccmha.org/resources/evidence-based-practices.html>.



SAGINAW COUNTY COMMUNITY MENTAL HEALTH AUTHORITY

Main Facility

500 Hancock, Saginaw, Michigan 48602

Phone

(989) 797-3400

Toll Free 1-800-258-8678

Michigan Relay 711

24 Hour Mental Health Emergency Services

(989) 792-9732

Toll Free: 1-800-233-0022

www.sccmha.org

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SAGINAW COUNTY
COMMUNITY MENTAL
HEALTH AUTHORITY

Parent Support Partners (PSP)

An Evidence-Based Practice

What is a Parent Support Partner (PSP)?

A Parent Support Partner (PSP) is a parent who has a had their own child receive services in the mental health system. They give support and information to families trying to understand all of the mental health services available to them. The support they give is sometimes called "Parent-to-Parent support".

The Parent Support Partner (PSP) service is a help-based approach to support families whose children receive services through a community mental health service provider.

Why have a PSP?

The purpose of the Parent Support Partner Service is to have better family involvement and engagement with the mental health treatment process. It is to give parents the needed skills to work on the challenges of raising a youth with special needs. This help may improve outcomes for youth with SED, serious emotional disturbance or intellectual/developmental or I/DD, involved with the public mental health system.

Benefits of a PSP

- Improved health and mental health outcomes
- Better engagement in treatment
- Better retention in treatment
- Less caregiver stress
- Better satisfaction with services
- Less costly forms of help, for example, out of home placements
- More family and youth involvement

What Does Research Show?

Peer support research has shown 6 main areas where things get better when families were working with a parent support partner.

Including improvements in:

1. Access
2. Initial Engagement
3. Ongoing Participation
4. Better Empowerment
5. Better Self-Efficacy
6. Perceived Social Support

To Learn More

Is working with a PSP right for you? Talk with your current treatment provider or contact Saginaw County Community Mental Health Authority's Centralized Access and Intake Unit (CAI) at (989) 797-3559.

